

of Minnesota and the present work is a record of the event and the contributions made by a panel of distinguished participants.

The participants at the symposium review the continuing significance and influence of almost every phase of Claude Bernard's concepts and contributions. Reino Vistanen, Evangeline Olmsted, and D.C. Tosteson present papers of very high merit on this significance of Bernard's philosophy and generalizations on modern science and medicine. Owen Wangenstein analyzes his work on digestion; Hebbel Hoff, Roger Guillemin, and Alfred Fessard present papers on his work on the vasomotor system and the physiology of nerve junctional transmission as elucidated through the use of curare, and F. E. Shideman pursues the further development of the use of drugs in elucidating physiological mechanisms. Joseph Larner reviews the state of our knowledge on glycogen from Bernard's discovery to our day. Bernardo Houssay considers the concept of internal secretion and James P. Sunyer follows with a discussion on Bernard's establishment of a general physiology dependent upon the physicochemical relations of the cell. Frederick Holmes and Franz Halberg pursue Bernard's enormously productive concept of the *milieu intérieur*. Finally, Hebbel Hoff, Lucienne Guillemin, and Roger Guillemin discuss and present the first English translation of Bernard's *Cahier Rouge*, the precious red notebook in which for many years he jotted down his ideas, experimental protocols, and reflections and which provides extraordinary insight into the workings of the mind of this great scientific genius.

Inevitably, as in most symposia, there is a good deal of overlapping of material and unevenness of quality in the various presentations. Nonetheless, the symposium is highly successful in exhibiting the continuing influence of this great scientist whose work still dominates so much of physiology, and whose concepts have immediate relevance.

These essays are worthy of the closest attention by all physicians concerned with the evolution of scientific medicine.

J. B. DE C. M. SAUNDERS, M.D.

* * *

THE TECHNIQUE OF PSYCHOTHERAPY—Second Edition In Two Volumes—Lewis R. Wolberg, M.D., Medical Director, Postgraduate Center for Mental Health; Clinical Professor of Psychiatry, New York Medical College. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1967. In Two Parts, 1411 pages, including 68 pages of references and 37 pages of index, \$29.75.

The two volumes (Parts I and II) constitute one of the most comprehensive reviews of the psychotherapeutic process. This new edition (the first one since 1954) reflects the vastly increased knowledge and the many changes that have occurred in techniques and applications of psychotherapy over the past 13 years.

In Part I, psychotherapy is defined and distinguished from other events and forces which may benefit individuals with emotional disorders. The varieties of psychotherapy, their ingredients, indications, and the ways in which they help patients are presented along with discussions of spontaneous cures and remissions, placebo effects, the results of psychotherapy, the importance of establishing goals and the therapist's personality.

Dr. Wolberg discusses the controversial question of who can, and should, do psychotherapy and the training that is recommended for a psychotherapist. There are chapters describing the conduct of the psychotherapeutic interview and even the physical surroundings in which treatment should be conducted. He describes the tech-

nique of the initial interview, the formulation of diagnosis, dynamics and prognosis. He discusses the practical arrangements, indications for consultation, and such problems as inadequate motivation, dealing with patients' questions and the structuring of the therapeutic situation. He goes into considerable detail on the therapeutic process including the use of dreams and phantasies, the uncovering of unconscious material and interpretation.

In Part II he continues with the handling of resistance to cure and transference problems, the management of interfering attitudes on the part of the therapist, and the 'working-through' process. Supportive and reeducative techniques are discussed along with behavior and conditioning methods.

The major part of the second volume is devoted to such topics as the use of group therapy, somatic therapies, hypnosis, short-term treatment, handling of emergencies and supervision, and covers the subjects of treatment failures and the psychotherapist in community mental health.

Dr. Wolberg has successfully avoided using highly technical language, has organized the many topics and aspects of the subject in a systematic way and has attempted through the use of extensive illustrative case excerpts to be as specific as possible.

The book is intended as a technical guide to the practical daily problem of dynamic therapy and should prove to be a very useful aid for physicians who are interested in a better understanding of the theory, techniques, goals and problems of psychotherapy.

NORMAN Q. BRILL, M.D.

* * *

PROGRESS IN MEDICAL GENETICS—Volume V—Edited by Arthur G. Steinberg, Ph.D., Professor of Biology, Department of Biology, and Associate Professor of Human Genetics, Department of Preventive Medicine, Western Reserve University, Cleveland; and Alexander G. Bearn, M.D., Professor and Chairman of the Department of Medicine, Cornell University Medical College. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1967. 151 pages, \$9.00.

This is the fifth volume of this annual series which reviews subjects of current interest in medical genetics. The present volume is the shortest in the series and is more clinically directed than the earlier ones in that four of the five chapters focus on specific diseases or syndromes. The chapters are written by recognized authorities. The quality and readability as well as clinical versus a more basic orientation vary with each chapter. The first chapter, entitled "Nature and Nurture" by Rene Dubos, gives emphasis to the *and* part of the title and contrasts it with the older controversy of nature *versus* nurture. This is an especially brief chapter concentrating more on the philosophical aspects of heredity and environment with some attention given to current problems such as world population. The author appropriately notes that man is not infinitely adaptable and that he may achieve some technical advances to which he may not be able to successfully adapt because of limitations in his biological heritage. The second and most extensive chapter is "The Thalassemias" by D. J. Weatherall. This is an excellent and comprehensive discussion of the current status of our understanding of these conditions with emphasis given to the genetic and molecular biological aspects. The large bibliography makes it possible for those who are interested to return to the original literature. The third chapter is entitled "The Porphyrias: A Genetic Problem" by J. Waldenstrom and B. Haeger-Aronsen. As noted by the editors in the forward to this volume, the porphyrias "comprise a group of diseases of remarkable complexity," this